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## Florida Department of Health Encourages Residents to Get Flu Shot Now



### Contact:

Kevin Watler

Public Information Officer

Florida Department of Health in Hillsborough County

[kevin.watler@flhealth.gov](mailto:kevin.watler@flhealth.gov)

**Hillsborough County, Fla.**— County health departments in the West Central Florida region - Citrus, Hardee, Hernando, Highlands, Hillsborough, Manatee, Pasco, Pinellas, Polk and Sarasota - are urging residents to contact their healthcare provider or pharmacy to get vaccinated against the flu as soon as possible. Once vaccinated, it takes about two weeks to offer protection.

Getting the flu shot each year is important, but reducing illness and hospitalization from flu is even more critical this year to protect frontline health care workers and hospital systems who will continue to care for people with COVID-19 and other illnesses. Also, having the flu and COVID-19 at the same time could lead to a negative outcome.

The flu and COVID-19 are respiratory illnesses, but until there is a steady vaccine supply against COVID-19, the way to help prevent these two viruses from circulating at the same time is to get your flu vaccine now.

Additionally, there will be less spread of the flu and COVID-19 if everyone continues to:

- Stay home if you're sick
- Cover coughs and sneezes
- Wash your hands frequently and thoroughly
- Wear a face covering when around others or if social distancing isn't possible

Lives are saved when less virus is circulating.

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### About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote, and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health, please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).